

## TRAUMA INFORMED CARE

Trauma informed care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. It emphasizes physical, psychological and emotional safety for both clients and providers, and helps survivors rebuild a sense of control and empowerment.

<http://www.traumainformedcareproject.org/>

### What is trauma?

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror, and helplessness. Extreme stress overwhelms the person's capacity to cope. There is a direct correlation between trauma and physical health conditions such as diabetes, heart disease, cancer, and high blood pressure (ACEs Study)

### What causes trauma?

childhood abuse and neglect  
physical, emotional, or sexual abuse  
accidents & natural disasters  
grief and loss  
witnessing acts of violence  
war and other forms of violence  
medical interventions  
cultural, intergenerational, and historical events

### What are the effects of trauma?

fear, depression, anxiety  
outbursts of anger or rage  
emotional swings  
nightmares or flashbacks  
easily startled  
increased use of alcohol or drugs  
tendency to isolate; difficulty trusting  
self-blame, survivor guilt, shame  
diminished interest in everyday activities  
physical symptoms (headaches, backaches, stomachaches, constipation, diarrhea, sweating, heart palpitations)

# What can we do to provide trauma-informed care?

